

SUMMER/FALL 2015

Rutgers Cooperative Extension Partners with Gateway Family Y and 18 Agencies in Elizabeth



PICTURED ARE: Elizabeth Mayor, J. Christian Bollwage along with dietician Corey Wu Jung,
Photo courtesy of: Gateway Family Y



A funded project with county and city support for improving the health and wellness of Elizabeth residents started in 2012 and growing!

Shaping Elizabeth---Building Partnerships for a Healthier City

Imagine the City of Elizabeth with “Healthy & Safe School Zones,” easy access to affordable foods such as fruits and vegetables, safe environments to play, walk, bike and live within a community that has the medical support needed to reduce disease such as obesity, cardiovascular disease, cancer and diabetes, along with chronic conditions.

In 2014, the Shaping Elizabeth Community Health Initiative Partnership began to work together to make the healthy city vision become a reality. The Gateway YMCA in Eastern Union County with support from the Elizabethtown Healthcare Foundation expanded the number of community gardens, nutrition education for youth, adults and families along with an emphasis on community wellness. Partners included: Groundworks Elizabeth, Trinitas Regional Medical Center, City of Elizabeth, Jefferson Park Pre-School, Elizabethport Presbyterian Child Care Center, Elizabeth Board of Education and Rutgers Cooperative Extension.

Impacts in 2014 included:

- ◇ 150 pre-schoolers enrolled with their families in the CATCH (Coordinated Approach to Child Health) programs which emphasize healthy eating and physical activity along with the HEPA (Healthy Eating and Physical Activity) standards, nutrition education and community gardening.
- ◇ For 2015, the City of Elizabeth and Shaping Up partners completed a walkability assessment and a complete streets resolution was approved. An increase in the number of community gardens along with additional nutrition education was offered to new youth and adult groups. Shaping Up will help to provide access to fresh fruit, vegetables and other healthy foods in E-Port, Midtown and Bayway sections of Elizabeth which will be part of the “Corner Store Initiative” to improve healthy food access in the city.

Continued on the next page

Shaping Elizabeth..... (continued)

In cooperation with the
Union County Board of Chosen Freeholders

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Sergio Granados
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UNION COUNTY
We're Connected to You!

Alfred J. Faella, *County manager*
James Pellettiere, *Clerk of the Board*

Karen M. Ensle, EdD, RDN, FAND, CFCS
FCHS Educator and County Extension Dept Head

James Nichnadowicz, MS
4-H Agent & Associate County Extension Dept Head

Madeline Flahive-DiNardo, MBA
Agriculture and Resource Management Agent

Michele Bakacs, MS
County Environmental and Resource Management Agent

Janet Brun, RDN, CDE
NJ SNAP-Ed Program Associate

Office Support Judi Laganga
Julie Morris

For information or questions, please call:
908-654-9854

Shaping Elizabeth Partners since 2012: Groundwork Elizabeth, The Gateway Family YMCA, Trinitas Regional Medical Center, Elizabeth Development Company, City of Elizabeth, Elizabeth Board of Education, Elizabeth Housing Authority, Elizabeth Neighborhood Health Center, Elizabethport Presbyterian Child Care Center, Rutgers Cooperative Extension, United Way of Greater Union County, Prevention Links, PROCEED, Inc., EatWell, Jefferson Park Pre School, YWCA, Community Food Bank of New Jersey, Community Access Ltd., and growing.

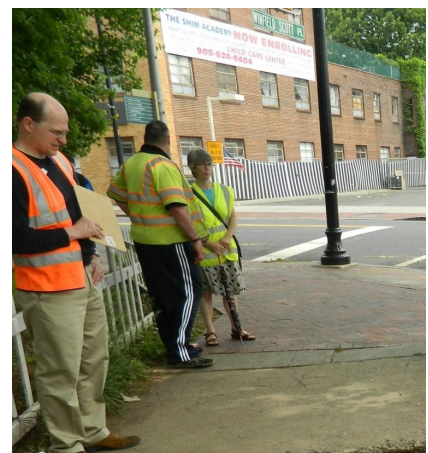
Shaping Elizabeth Funders include: Shaping NJ – NJ Department of Health, Elizabethtown Health Foundation, •Together North Jersey, American Heart Association, Alan M. Voorhees Transportation Center, Rutgers.



FAMILIES FROM MADISON HOUSE GARDEN TOGETHER



SUPERMARKET TOURS TEACH LABEL READING



WALKABILITY AUDIT AND COMPLETE STREETS RESOLUTION
PASSED BY CITY

James Nichnadowicz
JAMES NICHNADOWICZ
Associate Department Head and
County 4-H Agent

Karen M. Ensle
KAREN M. ENSLE, EdD, RD, FADA, CFCS
Department Head and
Family and Consumer Sciences Educator

Madeline Flahive-DiNardo
MADELINE FLAHIVE DINARDO, MBA
Agriculture & Resource Management
County Agricultural Agent

Michele Bakacs
MICHELE BAKACS
Agriculture & Resource Management
County Environmental and Resource Management Agent
County Agricultural Agent
Middlesex/Union Counties

Family & Community Health Sciences

provides classes for Local Community Groups and Agencies

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Do you need a program for your group, agency, school, or business that promotes health, wellness and obesity prevention? The FCHS dept. of Rutgers Cooperative Extension of Union County can provide these programs for a small fee. Here are just 3 of the many classes we offer.....

### 10 Tips for Healthy Eating On-The-Run

*This class covers eating meals and snacks that include all the food groups necessary for good health. Learn to choose foods lower in fat, salt and sugar that are quick to prepare and fit within your budget.*

### Getting the Fat and Calories Out of Your Diet

*Learn to trade high fat/high calorie foods for healthier options. Understand how important food preparation is to calorie content, food portions selected and overall diet which shapes our health and wellness.*

### Lead Poisoning Prevention & Nutrition

*Do you live in a home built in the 60's, 70's or before? Learn the causes and complications of lead poisoning for children and families and how regular meals and good nutrition may help lower lead absorption.*

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Call or e-mail Dr. Karen Ensle to schedule a program: 908-654-9854 option "1" or  
[ensle@aesop.rutgers.edu](mailto:ensle@aesop.rutgers.edu)



**Union County Harvest Festival**  
**Trailside Nature and Science Center**  
**Coles Avenue and New Providence Road, Mountainside, NJ**  
**Demonstration Garden Open House**



**Save the Date**

**Sunday, September 27, 2015**  
**11:00 am -5:00 pm**

**Save the Date**

Stop by the Rutgers Master Gardeners of Union County Demonstration Garden during the Harvest Festival at Trailside. This 1.5 acre garden features themed garden plots such as native plants, drought tolerant plants and hardy tropical plants. The Garden also features display and production gardens for fresh cut flowers, herbs, small fruits and vegetables. Master Gardeners will be happy to give you a tour!



## Rutgers Master Gardeners

### Fall Speakers Series



**R**utgers Master Gardeners of Union County is bringing back our Fall Speakers Series at our offices located in the Colleen Fraser Building, 2<sup>nd</sup> Floor, 300 North Avenue East in Westfield. Pre-registration for the program is **required** by calling 908-654-9854, option 2 or emailing [jmorris@ucnj.org](mailto:jmorris@ucnj.org). There is no fee for the program. You can register for as many lectures as you are interested in attending.

### *Lunch and Learn Herb Gardening*

**Friday, September 11, 2015, Noon to 1:00 PM**



Bring a bag lunch and join us for a noon to 1:00 pm lecture on growing herbs with Caryl Hannemann. Caryl is the chair of the Master Gardeners herb garden located at the Demonstration Garden at Trailside. Caryl will talk about the cultural care of herbs and tips for harvesting them.

### *Fall Bulb Planting*

**Thursday, September 24, 7:00 PM**



Ever admire beautiful daffodil, tulip, hyacinth and other spring flowering bulb gardens? Fall is the time to plant bulbs for a fantastic spring display. Master Gardener Joanne Krueger, chair of the Demonstration Garden at Trailside, will give you tips on preparing a garden site for bulbs, selecting bulbs and planting them.



### *Happy Healthy Houseplants*

**Tuesday, October 6, 7:00 PM**

Just because winter is around the corner, does not mean you have to go a few months without enjoying plants. Houseplants are to be enjoyed year-round. Master Gardener Debra Stewart is an experienced houseplant gardener who will teach you about choosing the right houseplant for the indoor location, container and potting mix selection, and cultural care such as watering, fertilizing and preventing/managing pest problems.







**Have you ever thought  
about becoming a  
Rutgers Master  
Gardener?**

# Class forming now!

Classes will be held on Tuesday  
mornings from 10:00AM–12:30 PM  
Located at Rutgers Meeting Room  
located on the 2<sup>nd</sup> floor of  
The Union County Colleen Fraser Bldg  
300 North Ave East  
Westfield, NJ

The Class of 2016 will begin on  
Tuesday, October 13, 2015 and run  
through May 2016

For more information or to receive an application  
call

Judi Laganga @ (908) 654-9854 option "2"  
OR e-mail [jlaganga@ucnj.org](mailto:jlaganga@ucnj.org) (use Master  
Gardener" as the subject line)

COMPLETED APPLICATIONS MUST BE RECEIVED  
BY **SEPTEMBER 1, 2015**

## Master Gardener Helpline Office Services

Mon – Thurs 9am-3pm  
Fri 9am-1pm

### Winter Hours (begin mid-October)

Mon/Wed 9am-3pm

Fri 9am-1pm

#### Soil Test Kits - \$20 each

Call the Helpline for  
information about the many benefits of  
having your soil tested.



Plant & Insect samples can be  
brought to the RCE Helpline Office in  
Westfield for identification.

If you forget your bag or jar, bags are  
available on the 1<sup>st</sup> floor **before** you visit us  
on the 2<sup>nd</sup> floor.

Visit our website:

[www.mastergardeners-uc.org](http://www.mastergardeners-uc.org)



**HELPLINE PHONE:** 908-654-9852

E-MAIL YOUR GARDENING QUESTIONS TO:

**MASTERGARDENERS@UCNJ.ORG**

**Save the Date**



**Save the Date**

## **RCE North Jersey Ornamental Horticulture Conference**

The 55<sup>th</sup> annual RCE North Jersey Horticulture Conference for landscape and turf professionals will be held on **Monday January 11 - Wednesday January 13, 2016** at the County College of Morris in Randolph, NJ.

Each day of the conference focuses on a different aspect of landscape horticulture. Monday's program is Turf Day, Tuesday is Tree Day, which provide training for professional arborists, and Wednesday is Landscape Day. The conference features speakers from the Rutgers NJ Agricultural Experiment Station and industry professionals. NJ DEP pesticide applicator recertification credits are offered each day of the program and ISA credits for arborists are available on Tree Day.

**Love Kids?**



Join us for our  
**23<sup>rd</sup> ANNUAL**

**Love Trees?**

### **4-H MASTER TREE STEWARD PROGRAM**

The Master Tree Steward Program is an enjoyable educational program that teaches adult volunteers about the nature and life of trees. You will learn how trees are born, grow, and reproduce; how to plant trees; their importance to our environment; and fun ways to share this knowledge with children. Homework is easy reading and a simple project.

Once trained, you will have opportunities to teach a one-hour program to groups of interested and attentive school children about trees.

**Your commitment is SHORT term, but importance and impact is LONG term.**

Training is from 10 AM to 2 PM on Wednesdays from Sept 9 to December 9, 2015, tentatively.

Classes are held on the 2<sup>nd</sup> floor of the Colleen Fraser Building (in the County Police Complex) 300 North Ave East, in Westfield (across the street from the Westfield Diner).



*Photo courtesy of Ken Ilgavizis*

To receive your application packet, or if you have questions, call 4-H Agent Jim Nichnadowicz at (908) 654-9854

e-mail: [nichnadowicz@njaes.rutgers.edu](mailto:nichnadowicz@njaes.rutgers.edu) OR [ilganga@ucnj.org](mailto:ilganga@ucnj.org)

# 4-H Science Ambassadors



**T**he dictionary defines an ambassador as someone who acts as a representative or promoter of a specified activity; a person who champions a cause. This summer the Union County 4-H Program is training teenagers to champion the cause of science.

In July they attended Rutgers 4-H Summer Science Program. During this one week program they lived at Rutgers University School of Environmental and Biological Sciences and learned how scientists investigate and answer the problems of our world.

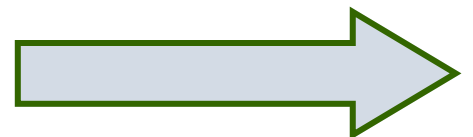
After returning from Rutgers they will be teaching science activities at the Elmora branch of the Elizabeth Public Library and at the Rahway Library as well.

To become a 4-H Science Ambassador you must be an active member of the Union County 4-H Teen Council. For information on joining the 4-H Teen Council contact 4-H Agent Jim Nichnadowicz at 908-654-9854 or email him at [nichnadowicz@njaes.rutgers.edu](mailto:nichnadowicz@njaes.rutgers.edu).



## Attend our 4-H Open House

## Friday Sept 18, 2015



This is a tentative list of the clubs that are available for your child in the Fall.

**CHOSEN BY  
LOTTERY ONLY**

**Must be in  
attendance at  
the Open  
House to  
participate in  
the lottery**

|                                                      |                                          |
|------------------------------------------------------|------------------------------------------|
| 1 <sup>st</sup> & 2 <sup>nd</sup> Grade Variety Club | 1 <sup>st</sup> & 2 <sup>nd</sup> Grade  |
| 3 <sup>rd</sup> – 5 <sup>th</sup> Grade Variety Club | 3 <sup>rd</sup> – 5 <sup>th</sup> Grade  |
| Middle School Variety Club                           | 6 <sup>th</sup> – 8 <sup>th</sup> Grade  |
| Anime/Manga Club                                     | 7 <sup>th</sup> – 12 <sup>th</sup> Grade |
| Archery Club                                         | 4 <sup>th</sup> Grade & up               |
| Cooking Club                                         | 6 <sup>th</sup> – 10 <sup>th</sup> Grade |
| Dog Lovers Club                                      | 5 <sup>th</sup> Grade & up               |
| Engineering Club                                     | 4 <sup>th</sup> – 5 <sup>th</sup> Grade  |
| Fashion Design & Sewing Club                         | 6 <sup>th</sup> Grade & up               |
| Horticulture Club                                    | 6 <sup>th</sup> – 12 <sup>th</sup> Grade |
| Lego Robotics Club                                   | 5 <sup>th</sup> Grade & up               |
| Living History Club                                  | 5 <sup>th</sup> Grade & up               |
| Tech Club                                            | 4th–5th Grade                            |
| Teen Council                                         | 8 <sup>th</sup> – 12 <sup>th</sup> Grade |
| <b>YOUR NEW CLUB NAME HERE</b>                       | Grade level that YOU connect with!!      |

No Club can run without a volunteer Leader – if there is a club you would like to see in Union County, Volunteer to start one!

*WE WOULD LOVE TO HAVE YOU!*

*TRAINING IS PROVIDED*

Visit [www.ucnj.org/rce](http://www.ucnj.org/rce) for further description of the clubs.

Contact Judi Laganga 908-654-9854 or e-mail [jlaganga@ucnj.org](mailto:jlaganga@ucnj.org) to get your family on the 4-H mailing list. **\*\*Please use 4-H in your subject line\*\***

Registration for **NEW** members begins at Open House.

*Sorry, no early registration – but you may register online - after the Open House (you will receive the link for registration that night).*

**FOR MORE INFORMATION:**

James Nichnadowicz  
Union County 4-H Agent  
300 North Ave E  
908-654-9854 option “3”  
[jnichnadowicz@ucnj.org](mailto:jnichnadowicz@ucnj.org)





## Five Year Watershed Protection Project Comes to a Close in Rahway and Clark

For the last 5 years, projects have been installed in the City of Rahway and Township of Clark to help reduce rainwater runoff, flooding, and protect the water quality of the Robinson's Branch stream, a tributary of the Rahway River. This past June marked the end of this project that saw 18 rain gardens, 2 pervious pavement projects, and one green car wash installed (complete with a rainwater harvesting cistern). These types of "green infrastructure" projects are environmentally friendly, sustainable, and cheaper than traditional "grey infrastructure" practices that use gutters, basins, and pipes to transport polluted stormwater to local streams, rivers, and lakes.



*A rain garden in the front yard of a home in Rahway- custom designed to look like a rocky stream bed.*

You can see pictures, a map of the rain gardens, and learn more about the project at [www.tinyurl.com/robinsonsbranch](http://www.tinyurl.com/robinsonsbranch). This project was funded by a Section 319 (h) Nonpoint Pollution Control Grant from the NJ Department of Environmental Protection. For more information contact Michele Bakacs, County Environmental Agent at (732) 398-5274 or [bakacs@njaes.rutgers.edu](mailto:bakacs@njaes.rutgers.edu).

## Save the Date - 2016 Organic Land Care Certificate Course

The annual Rutgers Cooperative Extension Organic Land Care Certificate Course will be February 1, 2, 3, 7, and 8, 2016 at the County College of Morris in Randolph, NJ. The purpose of this program is to provide education to landscapers and land care providers on organic practices for promoting healthy soil, enhancing biodiversity, and reducing polluted runoff from managed landscapes. For more information visit <http://njaes.rutgers.edu/organiclandcare/>.

Don't keep us all to yourself ~  
Share with a friend!

**Want to get on our mailing list?**

**Prefer e-mail?**

Either way; e-mail [jlaganga@ucnj.org](mailto:jlaganga@ucnj.org) and let her  
know regular mail or e-mail..... Put "County Visions"  
in your subject line!